

Creative Program Ideas for July 2011

The birthstone for July is the ruby.
The flowers are the larkspur and water lily.

Celebrity Birthdays:

July 1, 1934 ~	Jamie Farr	July 16, 1911~	Ginger Rogers
July 2, 1937 ~	Richard Petty	July 17, 1912 ~	Art Linkletter
July 3, 1949 ~	Elizabeth Edwards	July 18, 1914 ~	Harriett Nelson
July 4, 1911 ~	Mitch Miller	July 19, 1922 ~	George McGovern
July 5, 1928 ~	Warren Oates	July 20, 1938 ~	Natalie Wood
July 6, 1927 ~	Janet Leigh	July 21, 1924 ~	Don Knotts
July 7, 1922 ~	Pierre Cardin	July 22, 1923 ~	Bob Dole
July 8, 1935 ~	Steve Lawrence	July 23, 1936 ~	Don Drysdale
July 9, 1942 ~	Richard Roundtree	July 24, 1936 ~	Ruth Buzzi
July 10, 1920 ~	David Brinkley	July 25, 1923 ~	Estelle Getty
July 11, 1920 ~	Yul Brynner	July 26, 1912 ~	Vivian Vance
July 12, 1908 ~	Milton Berle	July 27, 1931 ~	Jerry Van Dyke
July 13, 1928~	Bob Crane	July 28, 1948 ~	Sally Struthers
July 14, 1923 ~	Dale Robertson	July 29, 1938 ~	Peter Jennings
July 15, 1935 ~	Alex Karras	July 30, 1941 ~	Paul Anka
		July 31, 1932 ~	Ted Cassidy

Important Dates to Remember in July:

July 1st ~ **Second Half of the New Year** begins

July 2, 1788 ~ **US Constitution Takes Effect: Anniversary**

July 3rd - August 15th ~ **Air Conditioning Appreciation Days**

July 4th ~ **Independence Day:** Take the residents to see the fireworks or watch from the facility's grounds

July 4, 1895 ~ ***America the Beautiful* Published: Anniversary**

July 20, 1969 ~ **First Moon Landing: Anniversary:** Neil Armstrong and Edwin Aldrin, Jr. landed the lunar module (Eagle) on the surface of the moon. It was Armstrong who took the first steps on the moon's surface. For more information, visit: <http://www.kidport.com/reflib/science/moonlanding/moonlanding.htm#TheMoonLanding>

July 30, 1933 ~ **Congress Passed the First Minimum Wage Law** (33 cents per hour)

Now that summer is here, the residents will be participating in activities held outdoors and going with their families to barbecues, family gatherings, or to watch their grandchildren's sporting events. The staff, volunteers, and families need to know how to protect the residents from dehydration, heat exhaustion, and sunburn. Other hot weather information includes what to do for insect bites, especially in the case of an allergic reaction, and the proper storage and handling of food for outdoor trips. Organize a series of in-services for the staff and volunteers. Present the same information for Family Council meetings or support group sessions. For a review of how to make summertime activities safe and fun for everyone, see *Close-Up #424*,

http://www.nursinghome.org/pro/frmNewsletter.asp?strFile=/pro/newsletters/closeup_new/2002/cu0476.html. By taking simple precautions, the residents can enjoy being outdoors and participating in special summertime activities.

National Make a Difference to Children Month: Include the children and teens involved in your intergenerational program in summer activities the residents enjoy. Invite the older children and teens to be volunteers at the facility as friendly visitors, computer/e-mail instructors, transporters, activity group leaders, garden assistants, etc. Include the younger children in creative arts activities, board games, cards, checkers, chess, picnics, gardening, etc. It is imperative you provide proper orientation for the children and teens signed up as volunteers at the facility. Remember to match their assignments with their talents and interests. Develop an application form for all youth volunteers so you will have emergency information and one parent's signed consent to participate in the volunteer program. Provide job descriptions, written schedules, and a "contract" that must be signed by the activity director, child/teen, and one parent.

Family Reunion Month: Help the residents celebrate their families by organizing a family picnic and inviting the families to come. Grill hamburgers and hot dogs. Include several salads, potato chips and watermelon for dessert. Provide extra shade by renting canopies. Ask the families to bring lawn chairs and folding tables for extra seating. Have a clown for the children. Ask a local scout troop to help with carnival games and purchase inexpensive prizes. Hire a local band to play the residents' favorite songs or hire a DJ. Enlist the help and support of the interdisciplinary team during the event and reward them by inviting them to eat lunch with the families. Ask an amateur photographer to take pictures of the families and the festivities.

Grilling Month: It's time to dust off the grills and do some cooking activities outdoors. If the facility doesn't own a grill, you can borrow some from the staff and families, or purchase a small grill for the department. You will also need some coolers to keep food cold until serving time. If you don't have room to picnic on the facility grounds, you can take the residents to a forest preserve for the afternoon, and grill under the shade of the trees. Be sure each floor/unit has a chance to participate during the course of the summer. Get assistance from the dietary staff regarding food safety, proper serving temperatures, storage temperature precautions, etc. Be sure the residents can get up to the tables in their wheelchairs or are able to transfer safely to the picnic benches. You may have to take some folding tables to the patio or the forest preserve for proper seating. After you eat, plan some outdoor games, such as, blowing bubbles, singing campfire songs, Frisbee, ring-toss, etc. Before discarding the coals, invite the residents to roast marshmallows and make s'mores as a special treat.

Wheelchair Beautification Month: Have a wheelchair decorating contest. The residents can decide on a theme for their floor/unit. Provide the decorating supplies, e.g., ribbon, flowers, streamers, etc. in the activity center and encourage the families to help their loved ones decorate their wheelchairs. Involve the residents' grandchildren or the children involved in the intergenerational program. Organize a "parade" through the facility and around the block to show off the creativity to the community. Be sure to publicize the event and take lots of pictures. This is also a good time to have volunteers make new wheelchair bags for the residents.

July 1st ~ First United States Zoo: Anniversary: On this date in 1874, the Philadelphia Zoological Society opened the first zoo in the United States featuring 100 animals. More than 3,000 visitors traveled by foot, horse and carriage and steamboat to visit the exhibits. The cost of admission was 25 cents for adults and 10 cents for children. Plan a visit to your local zoo. Create your own zoo by having the floors/units choose an animal theme and decorate accordingly. One floor/unit could feature large cats, e.g., lions, tigers, panthers, etc. Another could be the reptile house and feature snakes, lizards, alligators, etc. Another could choose to feature an aviary or small mammals as a theme. Encourage the staff to choose a theme and decorate the dining rooms, lounges, activity center, laundry, etc. Offer tours of all the "exhibit" areas. Discuss how zoos have changed over the years and what the residents enjoy best about visiting the zoo.

July 2nd – 5th ~ National Tom Sawyer Days: Discuss the adventures of this fictional character and his friends. Ask the residents how old they were when they read *The Adventures of Tom Sawyer* for the first time. Using the Internet, develop a trivia quiz about Tom and his friend Huckleberry Finn. If any of the residents have traveled by steamboat on the Mississippi River, ask them to describe their experience and what they saw along the way. Take the residents on an imaginary trip down the Mississippi through guided imagery. Have the residents draw scenes from the books about Tom Sawyer. Mat the pictures and hang them in a prominent space where the residents and families gather. Using travel brochures or old *National Geographic* magazines have the residents make scrapbooks and collages about traveling down the Mississippi River and the beautify scenery along the way.

July 3rd ~ Stay Out of the Sun Day: Use today to educate the residents and families about the dangers of sitting in the sun without the proper sun block. Emphasize the importance of applying at least SPF 15 sun block before going outdoors and trying to sit in shaded areas. Keep plenty of sun block on hand for activities that take place outdoors and to use on outings. Encourage the residents to wear loose fitting clothing and a hat when participating in outdoor activities.

July 6th ~ 75th Anniversary of the First Major League All-Star Game: The first midsummer All-Star Game was held at Comiskey Park in Chicago. Babe Ruth led the American League with a home run; contributing to the American League's victory over the National League 4-2. Discuss the history of the All-Star Game, how players are chosen to play, the line-up for this year's game, etc. Ask the residents for their ideas about what players should be chosen to play this year. Keep a list of their choices and compare the residents' list with the final roster. Be sure to watch the All-Star Game. Check your local television guide for the time and channel.

July 6th ~ Anniversary of the First Airship Crossing the Atlantic: In 1919, the R 34, a super Zeppelin dirigible, was the biggest and best of its kind. In the early hours of July 3 it left the airfield where it was stationed and set out across the Atlantic. On July 6 it landed in New York's Roosevelt Field. The R-34 made history by being the first airship to not only cross the Atlantic from the east, but also make a return flight. The entire trip took 108 hours and 12 minutes. Discuss the many changes in air travel over the last century. Determine if any of the residents have ever flown in a dirigible and what it was like. For more information, visit: <http://heritage.scotsman.com/ingenuity.cfm?id=430902005>.

July 8th ~ National Ice Cream Day: Celebrate one of America's favorite summer treats -- ice cream. Borrow several ice cream makers so the residents on each floor/unit can make a batch of homemade ice cream to enjoy. Have the residents choose a flavor they'd like to make and purchase all the ingredients. Most ice cream makers come with recipes or you can try recipes from one of these websites: <http://www.ice-cream-recipes.com/>, <http://www.sendicecream.com/recformakice1.html>, <http://www.sendicecream.com/recformakice1.html>. When the ice cream has hardened, have an ice cream social for each floor/unit. Supplement the homemade ice cream with "store bought" flavors. Help the residents make their own sundaes.

July 11th ~ Anniversary of the Burr-Hamilton Duel: In 1804, the Vice President of the United States, Aaron Burr, shot and mortally wounded former Secretary of the Treasury, Alexander Hamilton in a duel at Weehawken, New Jersey. Discuss this famous duel and what the residents think about the practice of dueling. Determine if any of the residents' ancestors were involved in a duel and what the outcome was. For more information, visit: http://en.wikipedia.org/wiki/Burr-Hamilton_duel and <http://www.nps.gov/archive/jeff/LewisClark2/Circa1804/In1804/HeadlinesAaronBurrDuel.htm>.

July 16th ~ Anniversary of the First Atom Bomb Test: In 1945, in the New Mexican desert at Alamogordo Air Base, the experimental atom bomb was set off at 5:30 a.m. Ask the residents if they remember the event and how they felt about it. Discuss how this test affected the outcome of World War II, and ultimately the lives of millions of people for generations. For more information about the atom bomb test, visit: <http://www.eyewitnesstohistory.com/atomictest.htm> and <http://nuclearweaponarchive.org/Usa/Tests/Trinity.html>.

July 17th ~ Anniversary of Disneyland Opening: In 1955, Walt Disney's dream of opening a theme park the entire family could enjoy was finally realized. Disneyland opened in Anaheim, California to huge crowds. At the time it opened, Disneyland had various areas of interest -- *Main Street USA*, *Adventureland*, *Frontierland*, *Fantasyland*, and *Tomorrowland*. Hold a Disneyland Day for the residents. Have each floor or unit choose a theme from the list above and decorate accordingly. See how many residents have been to Disneyland and what they remember about the experience. Encourage the staff and volunteers to dress like familiar Disney characters -- Mickey Mouse, Pluto, Snow White, Sleeping Beauty, Cinderella, the seven dwarfs, Prince Charming, etc. Show Disney cartoons featuring familiar characters throughout the day. For more information about Disneyland, visit: <http://www.usc.edu/libraries/archives/la/disneyland/>, <http://www.justdisney.com/disneyland/history.html>, and <http://en.wikipedia.org/wiki/Disneyland>.

July 19th ~ Anniversary of Marilyn Monroe's First Screen Test: In 1946, Marilyn Monroe went to Twentieth Century-Fox Studios for her first screen test. The screen test did not include sound, but she did so well that the studio executives offered Marilyn her first contract. In 1948 she filmed *Scudda-Hoo! Scudda Hay!* and completed a total of 29 movies, ending with *The Misfits* in 1961. Determine if any of the residents were lucky enough to see Marilyn Monroe perform in person, or get an autograph. Discuss her short career. Hold a "premiere" of one of Marilyn Monroe's movies. Have a Marilyn Monroe look-alike contest -- include the residents and families -- and give prizes to the top three individuals. For more information, visit: <http://www.answers.com/topic/marilyn-monroe>.

July 20th – 26th ~ National Make Someone Smile Week: Ask everyone to pass along a smile this week -- it's free and easy to do. When you smile at someone, you can brighten their day. Encourage the residents to help spread smiles this week. Have the residents make lists of the reasons people smile and post the lists on the floor/unit bulletin boards. Encourage the families, volunteers, and staff to add to these lists throughout the week. Publish the ten most popular reasons individuals smile in the next facility newsletter. For more information, visit: <http://searchwarp.com/swa235616.htm>.

July 23rd ~ Gorgeous Grandma Day: This is a day to honor women who have aged with style. Offer a day of glamour for the ladies -- manicures, hairstyling, and make-up. Engage in fundraising activities throughout the month to raise money for the ladies to get their hair styled at the beauty shop. Enlist the assistance of the CNAs to help by cutting the residents' nails and helping the ladies get dressed up. Contact several Mary Kay beauty consultants and ask them to provide facials and make-up application for the ladies. (Be sure they know this is a "service project" and will not result in sales.) In the afternoon have a high tea for the ladies and their families. Take pictures of the ladies with their families.

July 24th ~ Tell an Old Joke Day: Dust off your favorite joke books and spend the day sharing old jokes at the beginning and/or end of activities and in conversations with the residents. See how many old jokes the residents can tell. Write down the residents' favorite jokes and share them in the facility newsletter. If the residents enjoy telling jokes, post a "joke of the day" on the bulletin boards around the facility. Engage the residents by asking them to bring jokes to the activity department. Have volunteers enlarge the joke or cartoon and paste it onto card stock. Each day post a new joke.

July 25th – 30th ~ National Scrabble Championship: Hold your own Scrabble championship. Borrow several Scrabble Games (enough for each floor/unit) and hold contests on each floor/unit to determine the best players. Bring these players together for a play-off until the best four players remain. To make it more interesting, partner with a "sister" facility or another nearby nursing home. Include these players in the play-off. Give all play-off participants a certificate. Award a trophy or blue ribbon to the winning floor/unit or facility. Serve refreshments and celebrate the winners.

July 26th ~ National Day of the Cowboy: This is a day to pay homage to the cowboy and our Western heritage. Allow the staff to wear jeans, western shirts, cowboy hats, boots, etc. Discuss the contributions made by cowboys and cowgirls during the western expansion of our country. Encourage residents, family members, and staff who play the guitar to dust them off and provide entertainment for an afternoon social.

July 28th ~ 75th Anniversary of the Singing Telegram: Offer "singing telegrams" for the residents as a fundraising project for the activity department. Advertise this service in the facility newsletter and post flyers on centrally located bulletin boards. Decide whether to offer a carnation with baby's breath in a small vase or helium balloon along with the singing and charge accordingly. The residents will get a kick out of getting a singing telegram.

July Craft

Patriotic Picture Frame



Purchase some inexpensive picture frames or ask for donations of used picture frames.

Have the residents remove the glass and backing from the frames and put them aside.

Have a volunteer take the frames outdoors and spray paint each frames a different patriotic color – red, white or navy blue.

Using heavy cardboard, trace different sized stars on the cardboard and cut out these for the residents to use as patterns for the stars that will decorate the painted frames.

Using scraps of red, white or navy blue felt, instruct the residents to trace around the star patterns and cut out the stars.

Using Tacky glue, glue the stars onto the painted picture frames. Decorate with sequins and/or glitter if desired.

Replace the glass and backing of the picture frame.

Have the resident choose a picture of a summer family event and place it in the frame. The resident can give the framed picture to his or her family as a gift or place it in his or her room.